



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN



DECEMBER 2016

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THIS MONTH'S TOPIC: STOP THE SPREAD OF ILLNESSES



During the winter months, we tend to gather together, especially during the holidays. This is a great time to be with family and friends, but it can also be a time when illnesses spread quickly. Staying healthy is important, especially if you do not want to miss out on all of the fun.

Below are some ways you can keep from spreading illnesses among your family and friends this holiday season:

- **Wash your hands regularly.** You should wash your hands when you are preparing food and before you eat; after touching a pet or feeding a pet; after coughing or sneezing; after going to the restroom; and after touching garbage.

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Disabilities
accommodated
with prior notification.

It is not too late to get the flu vaccine. It can prevent you from getting the flu or make its symptoms milder.



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- **Avoid touching your eyes, nose or mouth.**
These are areas that have a mucous membrane. This is also the area where most illnesses get into the body. In fact, for illnesses that are respiratory in nature, that is the only way those germs can get in.
- **Get a vaccine.** It is not too late to get the flu vaccine. The flu vaccine can prevent you from getting the flu. If you do get sick, you are likely to have a much milder response.

Make sure you wash your hands regularly, try to keep from touching your eyes, nose and mouth, and make sure to get your flu vaccine.

Steps to washing hands

It is always good to review how to best wash hands.

- First, wet your hands with water and put a little soap on them.
- Next, rub your hands together, forming a good lather. Do not forget the back of the hands,

- in-between your fingers and under your nails.
- You should do this for at least 20 seconds (or sing the “Happy Birthday” song two times).
- Rinse hands well.
- Dry your hands using a clean towel or let them air dry.

When should you use hand sanitizers?

There is no doubt that soap and water is the best way to get rid of germs that may be on your hands. But sometimes there is no soap and water available. Sanitizers can be an option, but remember that they do not get rid of all the germs that are on your hands. Also remember that sanitizers do not work as well if your hands are visibly dirty or they are greasy.

You do not want to be sick during the holidays! Make sure you wash your hands regularly, try to keep from touching your eyes, nose and mouth, and make sure to get your flu vaccine.

SOURCES:

- <http://www.henrythehand.com>
- <http://www.cdc.gov/handwashing>

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HEALTH BULLETIN

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